



# CROSS-COUNTRY SKIING



## PREPARE

On the day before the competition, eat an easily digestible, carbohydrate-rich diet. Avoid fatty and fibre-rich foods! The longer the duration of the event, the more important it is to have full glycogen stores and to maintain fluid and electrolyte balance.

### CARBO LOADER

Recommended for exertion of 90 minutes and beyond. Maximum glycogen stores for long-lasting energy and optimal performance.

### NITROFLOW PERFORMANCE<sup>2</sup> & RED BEET VINITROX

Improved blood flow, increased exercise tolerance and thus a positive influence on performance thanks to the vasodilatory and cell-protective effects. Ideally, take four to five days before the competition and two days afterwards for accelerated recovery.



## BEFORE

Ensure regular fluid and carbohydrate intake in the pre-competition hours. However, there should be no feeling of fullness. The last main meal should be timed 3-4 hours before the race.

### HIGH ENERGY BAR

This high-performance cereal bar provides quick and long-lasting energy for top athletic performances. Easy to digest and therefore ideally suited as a last, small pre-competition meal.

### ACTIVATOR

Anyone who wants to attack a competition focused, with concentration and maximum energy, will benefit from ACTIVATOR containing 200 mg caffeine with staggered release. Take around 30min before the start, 3-5 mg per kg of body weight.



## DURING

For sustained, optimal performance, ensure a regular supply of fluid, carbohydrates and electrolytes. Carbohydrate gels and energy-rich sports drinks are ideal for this purpose, as chewing is typically not possible. Depending on individual factors, the optimal intake of carbohydrates is usually between 60-90 g per hour. Drink regularly and follow your thirst sensation!

### COMPETITION®

The ultimate sports drink for cross-country skiers has a broad carbohydrate spectrum for fast and long-lasting energy. COMPETITION® is acid-free and therefore mild in taste, pH-neutral and enriched with the necessary electrolytes. Can be prepared in high carbohydrate concentrations, both hot and cold.

### LIQUID ENERGY

Convenient energy from a tube or pouch, available in different variants. The optimally digestible energy gels serve to quickly compensate for energy shortages and are easy to carry along.



## AFTER

The first 30 minutes after the competition are crucial regarding recovery and effective training adaptation. Your body's susceptibility to infection is also increased. Rebalance your fluid and electrolyte levels as quickly as possible and replenish your energy stores, even if you do not yet feel hungry. Make sure you have around 25 g of fast-available, high-quality protein and carbohydrates according to the energy spent

### PRO RECOVERY

PRO RECOVERY provides a unique blend of high-quality proteins and carbohydrates for optimal muscle recovery after hard exercise. Easy and simple to prepare with water.

### IMMUNOGUARD

The plant-based multi-nutrient preparation IMMUNOGUARD provides important nutrients to support the immune system in times of increased susceptibility to infections.